

LOVE LANGUAGE DO'S & DON'TS

Love languages, developed by Dr. Gary Chapman, describe the different ways people express and receive love. Understanding your own and your loved ones' love languages can improve communication, strengthen relationships, and help you feel more connected. The five love languages are **Words of Affirmation, Acts of Service, Receiving Gifts, Quality Time, and Physical Touch**. Knowing your primary love language can help you express love in ways that truly resonate with others.

WORDS OF AFFIRMATION

Verbal expressions of love, appreciation, & encouragement

Do's:

"I love you," compliments, gratitude, handwritten notes

Don'ts:

Harsh words, insults, lack of acknowledgment



ACTS OF SERVICE

Actions speak louder than words, helping with tasks to ease stress

Do's:

Cooking a meal, doing chores, running errands

Don'ts:

Laziness, broken promises, lack of follow-through



RECEIVING GIFTS

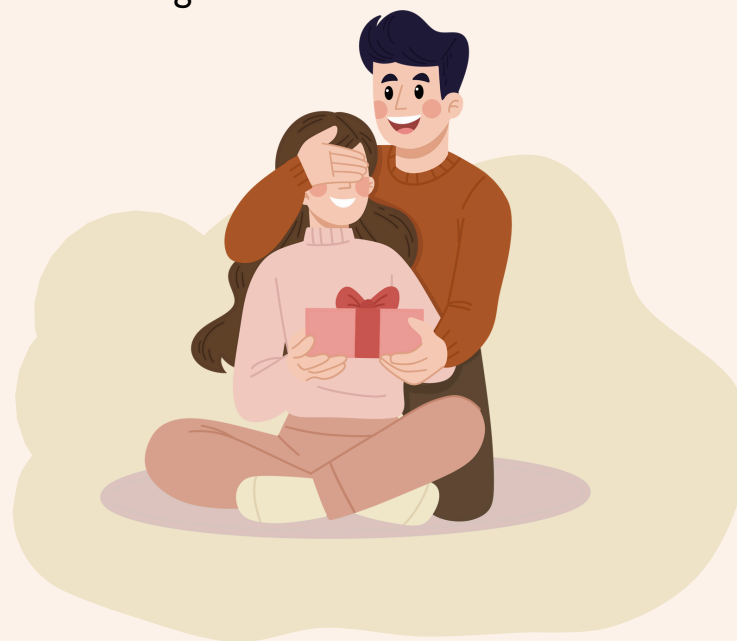
Thoughtful presents, big or small, that show love & appreciation

Do's:

Meaningful surprises, handwritten letters, favorite snacks

Don'ts:

Forgetting special occasions, thoughtless gifts



QUALITY TIME

Giving undivided attention & making meaningful memories

Do's:

Deep conversations, date nights, tech-free time together

Don'ts:

Being distracted, canceling plans, not prioritizing time together

PHYSICAL TOUCH

Expressing love through physical connection

Do's:

Hugs, hand-holding, cuddling, kisses, pats on the back

Don'ts:

Physical neglect, lack of affection, body language that feels distant

